

Ripped  
from the  
ROUNDUP

Ripped straight from the pages of old Space News Roundups, here's what happened at JSC on this date:

1    9    6    4

**T**he Manned Spacecraft Center will soon have a flagpole.

A \$1,900 contract for an 80-foot flagpole has been awarded to the Baartol Company, Inc., of Kenton, Ohio. The flagpole will be of two-piece cone-tapered seamless aluminum construction and will be stressed to withstand hurricane-velocity winds of 100 miles per hour.

Tentative plans call for installation of the flagpole in the mall area directly in front of the center's Project Management building.

1    9    7    9

**C**olumbia, the first space shuttle orbiter which is scheduled for flight in 1980, is undergoing its first major simulated "flight" all systems test, on or about December 15 at the Kennedy Space Center. Astronauts and ground support teams are putting the vehicle through an around-the-clock five-day critical operational trial.

Among the tests to be performed are five separate launch and ascent flight profiles, on-orbit operations, and one entry phase. Several hundred NASA and contractor engineers – at JSC, KSC, and Rockwell Downey – will take part in this Orbiter Integrated Test, one of the final verifications of Orbiter systems and electronics before the *Columbia* is cleared for final assembly.

1    9    8    4


**A**stronomers last week reported evidence of an enormous planetary object circling a star 21 light years from Earth, a finding that could represent the first observation of a planet outside our solar system.

The researchers said December 10 that this is the first claim of a planet orbiting a nearby star that is supported by direct observational evidence and not indirect measurements.

The object orbits 600 million miles from the star Van Biesbroeck 8, or VB-8, which was discovered in 1961 by astronomer George Van Biesbroeck. The star, located in the Milky Way constellation Ophiuchus, is about 21 light years, or about 126 trillion miles, from Earth. It is only about 10 percent as massive as Sol, Earth's sun, and about one third as hot.

ROUNDUP

Frosch, Yardley cover new space technology in STS development



# Tips for safe and happy holidays

**T**his holiday season; don't let the spirit of giving lull you into giving burglars, muggers, and pickpockets a better chance to do their dirty work. Crooks love the holidays as much as everyone else, but chiefly because it's an opportune time for crime. Homes jam-packed with glittering gifts, stores, malls and downtown streets teeming with unsuspecting shoppers are exactly what thieves are looking for. People rushing around, stressed out and careless, looking for last-minute gifts, trying to get everything done, make for easy crime targets. It's enough to make a crook giddy with holiday joy. Here are some tips on how to celebrate safely this holiday season.

- If you're traveling:*
- ❖ Get an automatic timer for your lights.
  - ❖ Ask a neighbor to watch your home and park their vehicle in the driveway from time to time.
  - ❖ Don't forget to have mail and newspaper delivery stopped. If it piles up, it's a sure sign you're gone.
- If you're out for the evening:*
- ❖ Turn on lights and a radio or TV so it looks like someone's home.
  - ❖ Be extra cautious about locking doors and windows when you leave, even if it's just for a few minutes.
  - ❖ Don't display gifts where they can be seen from outside.

- If you're shopping:*
- ❖ Stay alert and be aware of what's going on around you.
  - ❖ Park in a well lit space, and be sure to lock the car, close the windows, and hide shopping bags and gifts in the trunk.
  - ❖ Avoid carrying large amounts of cash; pay with a check or credit card whenever possible.
  - ❖ Don't discuss high value purchases with friends in shopping malls where strangers can overhear.
  - ❖ Be alert for vehicles following you home after you've made a major purchase.
  - ❖ Be alert for suspicious persons and vehicles in your neighborhood.
  - ❖ Deter pickpockets and purse-snatchers by not overburdening yourself with packages.
  - ❖ Be extra careful with purses and wallets. Carry a purse close to your body, not dangling by the straps. Put a wallet in an inside coat or front pants pocket.
  - ❖ Shopping with kids? Teach them to go to a store clerk or security guard if you get separated.
  - ❖ Have your car keys in hand so you don't have to dig in a pocket or purse for them before entering your car.
- If a stranger comes to the door, beware!*
- ❖ Criminals sometimes pose as couriers delivering gifts.

- ❖ It's not uncommon for people to try to take advantage of others' generosity during the holidays by going door-to-door for charitable donations when there's no charity involved.
  - ❖ Ask for identification, and find out how the funds will be used. If you aren't satisfied, don't give.
  - ❖ Don't let holiday stress get the best of your holiday spirit.
  - ❖ Make time to get together with family, friends, and neighbors.
  - ❖ Think about reaching out in the spirit of the season and helping someone who's less fortunate or lonely.
- Do your part to make the holidays a safe and happy time for everybody – except criminals.
- Take a holiday inventory:*
- The holidays are a good time to update – or create – a home inventory list. Take photos or make videos of items, and list descriptions and serial numbers. If your home is burglarized, having a detailed inventory can help identify stolen items and make insurance claims easier to file. Make sure things like TVs, VCRs, stereo equipment, cameras, camcorders, sports equipment, jewelry, silver, computers, home office equipment, and power tools are on the list. Remember to check it twice. ■

GILRUTH CENTER NEWS

Open from 6:30 a.m.-10 p.m. Monday-Thursday, 6:30 a.m.-9 p.m. Friday, and 9 a.m.-2 p.m. Saturday. Contact the Gilruth Center at (281) 483-3345. <http://www4.jsc.nasa.gov/ah/exceaa/Gilruth/Gilruth.htm>

**Nutrition intervention program:** Six-week program includes lectures, a private consultation with the dietitian and blood analysis to chart your progress. Program is open to all employees, contractors and spouses. For details call Tammie Shaw at x32980.

**Defensive driving:** One-day course is offered once a month at the Gilruth Center. Pre-registration required. Cost is \$25. Call for next available class.

**Stamp club:** Meets every second and fourth Monday at 7 p.m. in Rm. 216.

**Weight safety:** Required course for employees wishing to use the Gilruth weight room. Pre-registration is required. Cost is \$5. Annual weight room use fee is \$90. The cost for additional family members is \$50.

**Exercise:** Low-impact class meets from 5:15-6:15 p.m. Mondays and Wednesdays. Cost is \$24 for eight weeks.

**Step/bench aerobics:** Low-impact cardiovascular workout. Classes meet from 5:15-6:15 p.m. Tuesdays and Thursdays. Cost is \$32 for eight weeks. Kristen Taragzewski, instructor.

**Yoga:** Stretching class of low-impact exercises designed for people of all ages and abilities in a Westernized format. Meets Thursdays 5-6 p.m. Cost is \$32 for eight weeks. Call Darrell Matula, instructor, at x38520 for more information.

**Ballroom dancing:** Classes meet Thursdays from 6:30-7:30 p.m. for beginner, 8:30-9:30 p.m. for intermediate and 7:30-8:30 p.m. for advanced. Cost is \$60 per couple.

**Country and western dancing:** Beginner class meets 7-8:30 p.m. Monday. Advanced class (must know basic steps to all dances) meets 8:30-10 p.m. Monday. Cost is \$20 per couple.

**Fitness program:** Health-related fitness program includes a medical screening examination and a 12-week individually prescribed exercise program. For details call Larry Wier at x30301.

**Aikido:** Martial arts class for men and women meets 5-6 p.m. Tuesdays and Wednesdays. No special equipment or knowledge is needed to participate. Aikido teaches balance and control to defend against an opponent without using strength or force. Beginning and advanced classes start each month. Cost is \$35 per month.

TICKET WINDOW

The following discount tickets are available at the Exchange Stores

General Cinema Theaters	.....	\$5.50
Sony Loew's Theaters	.....	\$5.00
AMC Theaters	.....	\$4.75
Moody Gardens (2 of 6 events) (does not include Aquarium Pyramid)	....	\$10.75
Moody Gardens (Aquarium only)	.....	\$9.25
Space Center Houston	..... adult ..	\$10.25 .....
(JSC civil service employees free.)	child (age 4-11) ...	\$6.50
Space Center Houston annual pass	.....	\$18.75
Entertainment Books	.....	\$20.00
Clear Lake Coupon Books	.....	\$30.00
Sweet Water pecans for holiday baking	.....	\$6.00

Please bring your driver's license to pay by personal check.

Exchange Store hours

Monday-Friday

Bldg. 3    7 a.m.-4 p.m.

Bldg. 11    9 a.m.-3 p.m.

➤ All tickets are nonrefundable.

➤ Metro tokens and value cards are available.

➤ Franklin Planners now available.

For additional information, please call x35350.